

COLUMBIA TRACK CLUB NEWSLETTER
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PALMER RAMBLES CTC FARES WELL 25 KILO WALK May 2, 1970 KANSAS CITY:

Darrell Palmer walked the finest race of his career to win the MVAU 25 kilo (15 miles 940 yards) Championship Walk in K.C.'s Swope Park. Although finishing behind Bob Henderson, a junior at the U. of Ill., who was not a MVAU competitor, Darrell's time was a fine 2:23:28, a personal best. Henderson's time of 2:18:05 was under Bob Young's MVAU of 2:18:21. Darrell has been race-walking for 8 years or so, however, his training over the years has been quite sporadic--in those early years he was about the only walker around. As the MVAU walking program developed, Darrell was soon surpassed by guys like Bob Young, John Rose and Paul Ide. In many races Darrell was an early leader but usually faded, frequently plagued with stomach problems. But in today's race, with a fair amount of serious training behind him, Palmer was not to be denied. In the early years of his career, Palmer won lots of races, but this race was no doubt the most satisfying, for, in 1970, the competition is keener than it has ever been--and all these recent upstarts were put down most effectively.

CTC's Mark Achen, setting the early pace, walked a strong race, finishing 3rd overall and 2nd in the MVAU division while Joe Duncan came in 6th overall and 5th in the MVAU. Although there was no official team scoring, with this fine showing, CTC obviously won the unofficial team title anyway you look at it.

Bob Henderson was a stranger in this race and he remained a stranger until the 3th lap, during which he swept by Palmer, walking on to a huge margin of victory. Henderson could have done a lot of hustling prior to this race!

In the first of ten 2500 meter laps, Achen, Rose and Bob Young took the early lead--at its completion, those three were together, with Henderson, Palmer and Chapin 14 seconds back, Duncan by himself another 20 seconds back, Nelson and Fred Young 35 seconds behind him. In lap #2 things began to happen--Achen and Bob Young got away from Rose and when Young began to spurt away, Mark stayed with him and actually moved on by, assuming the lead. Meanwhile, Palmer began closing in on Rose, leaving Chapin and Henderson behind. Duncan was still 7th with Nelson and Fred Young 8th and 9th.

In lap #3, Achen was ahead all the way, but Palmer took Rose shortly after the lap began and caught Bob Young about halfway through this lap. Henderson and Chapin also went by Rose later in the lap and Henderson got ahead of Chapin just before lap 3 ended--he was then a minute and 15 seconds behind first. In lap #4 it was still Achen, but Palmer was moving while Bob Young was faltering (Bob finally had to retire after 6 laps--strenuous workouts the previous 2 or 3 days simply left his legs too tired). Duncan collared Rose in lap 4, but Nelson had been coming on fast and he soon shoved Duncan back to 7th, so at the end of 10 kilos the top nine in order, were Achen, Palmer, B. Young, Henderson, Chapin, Nelson, Duncan, Rose and F. Young.

Lap #5 was a sizzler--Palmer walked his fastest lap of the day (13:25) exploding past Achen, who never really recovered from this psychological blast. Henderson went under 14 minutes for the first time and Nelson, still picking up speed, passed Chapin and Fred Young disposed of Hohn Rose. Nelson was the fastest walker in lap 6 (13:40--his fastest of the day) but all positions remained unchanged, therefore, at 15 kilo the top 8 went by like this: Palmer, Achen, Henderson, Nelson, Chapin, Duncan, F. Young and Rose. It was in lap 7 that Henderson passed Achen and Duncan caught Chapin, otherwise everyone was the same--but Henderson had picked up 45 seconds on Palmer and was walking faster than at any previous time. Darrell was beginning to show lack of long distance training here.

Henderson took the lead shortly after the beginning of lap 8 and that took care of the final order of finish except for Duncan and Young. Nelson had closed to within 9 seconds of Achen--as lap 9 started, this caused Mark to perk up in order to salvage 3rd place from the onrushing 17 year old Nelson. Mark's burst of speed had the desired effect, for here Nelson ran out of gas. Lap 9 saw the value of Fred Young's steady sensible pace, for he gained 2 min. on Nelson and as lap 10 started, he quickly disposed of Duncan and set out after Nelson, who barely held Fred off in the finishing sprint. Henderson's last lap in 12:54 was the fastest of the day.

This was the 3rd MVAU race of 1970--3 races and 3 different winners. Temperature was around 50 at the start and in the low 60's at the finish. The sun was bright, however, and it was humid. KC's P & R Dept. again put out some beautiful trophies. In the Junior race, Steve Herrman set a 15 & under MVAU 5 kilo record of 27:28 breaking his 6 week old record by 24 seconds.

RESULTS OF 25 KILO WALK:

	5	10	15	20	25
1. Bob Henderson	28:20	56:44	1:24:14	1:51:44	2:18:0
2. Darrell Palmer CTC	27:57	55:21	1:22:51	1:52:36	2:23:2
3. Mark Achen CTC	27:35	55:01	1:23:36	1:54:22	2:25:4
4. Steve Nelson South CTC	29:42	57:21	1:24:45	1:54:31	2:27:1
5. Fred Young KCP	29:47	58:34	1:28:01	1:57:43	2:27:2
6. Joe Duncan CTC	29:03	57:36	1:26:46	1:57:09	2:29:4
7. Bob Chapin KCP	28:11	57:08	1:26:41	1:58:02	2:31:5
8. John Rose WKTC	27:53	58:33	1:30:33	2:02:44	2:40:3
9. Ron Reigel SC	32:37	67:39	1:44:17	2:19:21	2:55:2
10. Jim Thoburn	32:12	67:39	1:44:17	2:24:00	3:06:5
11. Bob Gragg KCP	36:04	75:00	1:55:30	2:36:53	3:21:1
12. Aubrey Anderson KCP	30:26	59:42	1:29:50	2:02:24	out
13. Bob Young KCP	27:43	56:20	1:25:07	out	

REPORT ON KU RELAYS MARATHON--BY DON GRANBERG:

The first annual Marathon of the Kansas Relays was a well-managed race under the direction of Arne Richards (who did not run himself, as the Boston Marathon followed by only two days). The race was held on April 18th and was run entirely on asphalt roads south of Lawrence. It was a turn-around course, but the turn-around came at about 15 miles rather than halfway. The course had rolling hills for the first ten miles, rather substantial hills from 10 to 20 and then gentle hills again from 20 to the finish. It is an interesting course and somewhat easier than the Heart of America course. Timing and aid stations were quite well-attended.

The single most salient feature of this race was the weather. I ran in a driving rain for the first 20 miles. There were some 30 entrants, including several familiar faces. The numbers worn by the runners deteriorated in the rain by about the six mile mark and that served to confuse things a bit. The winning time was a little over 2 hours, 29 minutes. I finished 13th in a time of 3:09:54. The first ten finishers got medals, the first five of which were presented at the Stadium. Beyond that, everyone else got a tiny replica of a track shoe with a "T" on it. It looked like something you might get out of a bubble gum machine. Fortunately I'm getting out of the "trophy-hunting" frame of mind so that didn't upset me. Ideally, the reward should be in the pleasure of the activity itself, but such an ideal is foreign to our usual way of thinking. It is nice to have a small memento of a good event, such as the "T" shirts given at the Groundhog Marathon in Arkansas.

This was my fourth marathon and thus far I have been fortunate enough to have improved time-wise in each one. However, I might add that my improvement is on a negatively accelerated curve. Some of the things marathoners need to think about are: how to train, how fast, how to taper off prior to a race, what to eat the night before, how much fluid to take, etc. There would be unanimous agreement that one should get a good night's sleep the night before a race, something I have yet to get. The night before the KU race, our family slept in a tent in an all night thunderstorm; my 19 month old son, Bertrand, was the only one who slept well.

As to marathons, my goal is to get to the level where I can consistently run under 3 hours. This is within reach, but as to when I shall first get under 3 hours is hard to say. Perhaps October, 1970. (Ed.: Why not in the Heart of America Mar. on Labor Day?).

. . . Don Granberg

35 KILO DEBACLE FOR ACHEN AND PALMER IN DES MOINES:

Two CTC race-walkers, Darrell Palmer and Mark Achen, attended the Senior National 35 Kilo Championship in Des Moines on April 26th. Both agreed it was an experience worth forgetting. Darrell had the good sense to retire after 18 kilo, while the pot-hungry Achen struggled through the whole affair. Dave Romansky of Philadelphia won in 3:13:?. Olympic veteran, Ron Laird, likened the race to a death march. The walkers had to battle the deadly three "h's"--the heat (78), the humidity (65%) and ~~the~~ THE hill. This last factor was one of Butch Hammer's notorious gimmicks to weed the men from the boys. It was about a 35 degree slope lasting almost 120 yards. Palmer and Achen took off in 21st and 22nd places. At 20 kilo Achen was about to join Darrell in the shade, but on learning that six of the leaders had dropped out and that he was now 15th in a race with 16 troppies, Mark decided to street-walk the last nine miles. His six inch trophy required 4 hours and 17 minutes of perambulating.

.....Mark Achen

HALF-MARATHON APRIL 25, 1970:

	3	6	9	13½	Off D.T.
1. Don Davidson	19:20	36:45	54:30	1:22:05	7:55
2. Roman Sage	21:20	41:30	61:10	1:33:44	1:44
3. Don Granberg	22:50	44:00	64:40	1:37:15	6:15
4. Art Fleming	23:30	46:35	72:05	2:04:30	21:30
5. Joel Dickinson	26:40	52:00	---	2:07:40	23:40
6. David Leuthold	27:00	54:00	---	2:09:17	11:17

low 70's cloudy, humid Timers: Duncan and Hicks
Davidson, erstwhile member of the MU track team, talked about how he hadn't been doing much running lately, but he thought he could run 13 7 min. miles. Don was in better shape than he thought for he ran six min. miles most of the way to easily win. Roman Sage, a 38 year old Indian, from Jeff. City, a finisher in last year's Marathon, ran a strong half marathon, esp. considering that none of his training includes any hills. Granberg ran a good race, but no doubt he had not yet completely recovered from his 3:09 marathon at KU the previous weekend. Dickinson's lack of training was apparent while Fleming and Leuthold got their first taste of the Marathon course--I'm not sure it was all to their liking--one consolation fellows, once you get to the top of Masley Hill there are only 13 miles to go!

AN EXCELLENT SCHEDULE FOR THE SUMMER is coming up starting at 7:30 P.M. May 23rd with a 6 mile run on the Cosmo Park-Rt ZZ course. The summer racing season includes 3 MVAAU Championship Runs and it all culminates in the Labor Day Heart of America Marathon. Two weeks following the 6 miler is a 6 mile Handicap run, then another two weeks later is the MVAAU One Hour Run. On July 11 is a 12 mile run followed by the MVAAU 15 kilo run a week later. "Marathon Madness" month begins with the MVAAU 30 kilo run on Aug. 15 followed by the first half of the marathon course on the 22nd and the 2nd half of the course on the 29th. All our runs are scheduled for the cool (we hope) evening hours. This is one of the best programs in the country--now is the time to begin serious training for the Marathon--you too, Dickinson!

DESIGNATED TIME STANDINGS:

Men:		Av. Secs.	off	Events	
1. Ken Ellingwood	24	3	15. Tom Logan	276	2
2. Joe Duncan	38	12	16. Art Fleming	472	5
3. Jim Pinkerton	63	3	17. Bill Clark	615	2
4. Darrell Palmer	69	3	Women:		
5. Joel Dickinson	70	12*	1. Carolyn Leuthold	34	4
6. Murrel Jackson	75	2	2. Myrtle Taft	99	2
7. Larry Carpenter	81	5	3. Joyce Schulte	109	4
8. Dave Schulte	100	12	4. Janet Leuthold	144	9
9. William Taft	103	3	5. Jean Barr	153	2
10. Don Granberg	108	11	6. Erica Dickinson	200	2
11. Whitney Hicks	123	8	7. Susan Ford	276	2
12. John Leuthold	162	4	8. Kristan Dickinson	351	2
13. David Leuthold	190	12	*Best 12 events		
14. Mirth Madden	228	4			

ELAPSED TIME STANDINGS:

1. Don Granberg	77	19. Mark Achen	4
2. Whitney Hicks	66	20. Dave Schulte	3
3. Joe Duncan	53	21. Mark Hebron	3
4. Joel Dickinson	33	22. Stan Butler	2
5. Larry Carpenter	24	23. Janet Leuthold	1
6. Sal Citarella	20	Walkers:	
7. Ken Ellingwood	18	1. Mark Achen	54
8. Art Fleming	15	2. Joe Duncan	52
9. Tom Logan	10	3. Darrell Palmer	42
10. Bob Brouillet	10	4. Joel Dickinson	14
11. Bob Hunerdose	10	5. Mirth Madden	14
12. Don Davidson	10	6. Fred Young	14
13. David Leuthold	10	7. David Leuthold	10
14. Loren Moes	8	8. Bob Young	10
15. Ron Edwards	8	9. Bob Chapin	9
16. Roman Sage	8	10. John Rose	4
17. Steve Dickinson	4	11. William Taft	3
18. Ed Laird	4	12. Bill Clark	2
		13. Myrtle Taft	2
		14. Stan Butler	2
		15. Jim Pinkerton	1
		16. Dave Schulte	1

A man is as old as he's feeling,

A woman as old as she looks.

. . . Collins

WALK-RUN PENTATHLON WILD WILD WILD HICKMAN TRACK MAY-9, 1970:

	Points	secs.	off	D.T.	Placings
1. Mark Achen	1501	1705	---	#	#
2. Joe Duncan	1332	1544	80	4	Elapsed Time
3. Whitney Hicks	1327	453		12	points 30 as
4. Art Fleming	1101	102		5	follows:
5. Don Granberg	1005	133		7	Runners:
6. Stan Butler	962	191		10	Hicks 10, Fleming
7. Phil Leubbers	763	75		3	8, Granberg 6,
8. Joel Dickinson	455	61		1	Achen 4, Butler 2,
9. David Leuthold	356	115		6	Duncan 1.
10. Gary Cashion	350	147		8	Walkers:
11. Janet Leuthold, 10	51	177		9	Achen 10, Duncan
12. Dave Schulte	16	66		2	8, Dickinson 6,
13. Sterling Kelley, 67	0	214		11	Leuthold 4, Butler
					2, Schulte 1.

TWO-MILE WALK:

	880	mile	1 1/2	2 mi.	Points	secs	off	DT
1. Achen	4:14	8:26	12:51	17:09	362	415	---	
2. Duncan	4:09	8:27	13:03	17:37	304	416	37	
3. Dickinson	4:44	9:50	14:58	20:28	22	136	32	
4. D. Leuthold	5:05	10:17	15:36	20:46	118		44	
5. Butler	4:46	10:11	15:41	21:06	118		114	
6. Fleming	5:30	11:15	17:08	23:11			49	
7. Schulte	5:59	12:12	18:03	23:41			1	
8. Luebbers	5:59	12:12	18:19	23:42			42	
9. Granberg	5:59	12:12	18:19	24:23			83	
10. J. Leuthold	7:06	14:26	21:52	28:45			105	
11. Hicks	7:06	14:26	21:52	29:42			282	
12. Cashion	7:25	15:20	22:54	30:26			26	
13. Kelley	8:14	16:54	25:35	34:26			146	

880 YARD RUN:

	880	Points	secs.	off		Points	secs.	off	DT
1. Hicks	2:16	505	4		8. Duncan	2:36	270	1	
2. Fleming	2:17	491	4		9. Cashion	2:47	166	17	
3. Granberg	2:29	345	1		10. D. Leuthold	2:56	90	14	
4. Achen	2:29	345	11		11. J. Leuthold	3:01	51	6	
5. Butler	2:33	302	7		12. Schulte	3:09	--	1	
6. Dickinson	2:34	291	6		13. Kelley	4:33	--	27	
7. Luebbers	2:35	281	5						

ONE MILE WALK:

	880	mile	secs	off		Points	secs.	off	DT
1. Duncan	4:13	8:20	328	30	9. Fleming	6:12	12:37	37	
2. Achen	4:13	8:23	306	17	10. Granberg	5:12	12:37	37	
3. Dickinson	4:49	9:44	50	16	11. Cashion	7:52	16:01	61	
4. D. Leuthold	5:06	10:28		32	12. 7:52 Hicks	7:52	16:01	119	
5. Butler	5:18	11:15		15					
6. Schulte	5:41	11:28		27					
7. Luebbers	5:33	11:45		20					
8. Leuthold	6:12	12:21		21					

Duncan got 228 points
and Achen got 215--
the rest got nothing.

TWO MILE RUN:

	880	mile	1 1/2	2 mile	Points	secs.	off
1. Hicks	2:41	5:33	8:24	11:14	491	46	
2. Granberg	2:41	5:33	8:30	11:29	454	11	
3. Luebbers	2:54	5:55	9:00	11:58	386	8	
4. Fleming	3:04	6:21	9:40	12:49	279	11	
5. Butler	3:04	6:20	9:41	12:54	269	54	
6. Duncan	3:11	6:27	9:45	12:57	264	12	
7. Achen	3:11	6:28	9:46	13:05	248	10	
8. Dickinson	3:21	6:40	10:10	14:07	141	7	
9. D. Leuthold	3:24	6:53	10:40	14:22	117	18	
10. Cashion	3:38	7:36	11:25	15:18	35	42	
11. Schulte	3:46	7:37	11:37	15:32	16	28	
12. J. Leuthold	4:26	9:26	14:23	18:51	--	41	
13. Kelley	4:44	9:34	14:30	19:19	--	41	

220 YARD DASH: points off

1.* Hicks	:28	331	2	7.* Cashion	:31	149	1
2.* Achen	:28	331	-	8.* D. Leuthold	:31	149	7
3.* Fleming	:28	331	1	9. Luebbers	:32	96	0
4. Butler	:28	331	1	10. Dickinson	:34	1	0
5. Duncan	:29	266	0	11. Schulte	:35	-	4
6. Granberg	:30	206	1	12. J. Leuthold	:40	-	4

* In separate heats

SCHEDULE OF EVENTS:

May 23 Saturday 2:00 P.M. MVAAU Track and Field Championships
McPherson, Kansas includes 10,000 meter run and 2 mile walk

May 23 Saturday 7:30 P.M. 6 mile run Cosmo Park 1.2 mile Newcomers

May 30 Saturday ? Curtis Country Lane Marathon Curtis, Nebr.

May 30 " 1:30 P.M. Senior National AAU 10 kilo walk Chicago

May 31 Sunday 10:00 A.M. Ron Zinn Memorial 10 kilo walk Chicago

May 31 Sunday 2:00 P.M. Mid America Meet of Miles Independence, Mo.
includes one mile runs and walks for various age groups

June 6 Saturday 7:30 P.M. 6 mile handicap run Cosmo Park 1.2 mile N.E.

June 7 Sunday 7:00 A.M. Senior National AAU Marathon Redfield, Iowa

June 13 Saturday 9:00 A.M. 5 Mile open walk, women's 2 mile walk
Truman High School Independence, Mo.

June 13 Saturday 10:00 A.M. 5 mile run Loose Park Kansas City, Mo.

June 20 Saturday 7:30 P.M. MVAAU One Hour Run Senior National Postal
One Hour Run Hickman Track

June 20 Saturday Missouri Junior Olympics Sedalia, Mo.

June 21 Sunday 5:00 A.M. Longest Day Marathon Brookings, S. Dak.

June 28 " ? 2-man 10 Mile Relay (alternate 440's)
Shawnee-Mission East H.S. Kansas City, Kansas

There was a fast walker named Achen,
Who thrived on large sums of fried bacon.
All the walkers despaired
(except Mister Ron Laird)
Unless Achen's bacon forsaked 'im.

This is put out by Joe Duncan 4004 Defoe Dr. Columbia, Mo. 12 issues
cost \$1.00--no more free loaders, please. Any contributions of any kind--
money, articles, comments, suggestions, critiques, poems (otherwise you
have to suffer with mine), jokes, etc., etc. are welcomed and requested.

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